



LONG BRANCH

Senior Center

8700 Piney Branch Rd., Silver Spring, MD 20901 • 240-777-6975

September 2013

LONG BRANCH SENIOR CENTER: GOING STRONG FOR 19 YEARS!

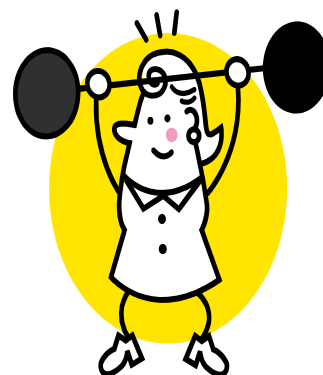
Celebrate our Anniversary with us,
Thursday Sept .26,
11 am – 2 pm

11 - Festive Dance with Arts For The Aging
Instructor.

12 - Dancing continues with your choice of cd's.

1 - Lunch Served at 1, choice of hot or cold meal.

*Donation, reserve your spot at reception desk by
Sept. 23rd.*



Strengthen your mind:

- Daily Word Search and Soduko Puzzles.
- Learn Computer Scrabble, Weds at 11
- "Brainworks: Mondays.at 11 group puzzle solving.

STAIR CLIMBING COMPETITION

How many times can you climb the stairs in
the Long Branch Community Center in Sept.

Prizes to the top 5 finishers.



Monday - Friday • 10:00am -2:00pm

Lunch served daily at 1 pm.

No bus transportation provided on Fridays.

CLASS AND PROGRAM DESCRIPTION

**Note: All programs are free except when indicated. All programs are subject to change.
Call our office at 240-777-6975 if you have any question, thank you.**

Aging and Disability Resource Center

Client Assistance Worker from HHS, Anita Joseph comes to the center. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

Affiliated Santé Discussion Group

This interactive group explores ways to develop skills to cope with life changes. In Spanish and English. Alma Mitchell leads the monthly groups.

AFTA: Arts For the Aging – A local 501 C-3 Organization, AFTA's Mission is to engage older adults in health improvement and life enhancement through the arts. Their artists bring programs to LBSC monthly. Check the calendar for schedules.

Better Bones Osteoporosis Exercise Program:

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

Blood Pressure:

Nurses from Washington Adventist Hospital are here the second Monday of every month to check your blood pressure. 10:30 – 12.

Brainworks:

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

Ceramics & Painting

Mons and Weds (check schedule for exact dates). Local artist Carol Clatterbuck teaches the craft of painting on preformed ceramics, followed by firing of objects in a kiln. Also, painting activities on Weds. \$3 per class.

Chinese American Senior Services Association

(CASSA) Mon. and Fri Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

Citizenship

Martine Portee from Baltimore City Community College helps seniors every Wed and Frid at 11 am teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

Moving and Grooving:

Walk at your own pace, around the gym. dance and sing. Please have your access card.

Exercise with Norah:

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase endurance, boost your energy and improve flexibility. Mrs. O'Donnell is a health educator and a certified AFAA Fitness Instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

Seated Volleyball:

A fun, fast pace version of the classic game. Improve your fitness and reflexes!

Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this free 45-minute exercise program that starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, and flexibility This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the Center reception desk.

Spanish Conversation/Reading and Writing:

Practice your Spanish with native speaker and volunteer Waldo Pinto.

T'ai Chi for Seniors:

Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi. Fridays at 10.

The Vietnamese Senior Association of Maryland (VSAM)

Tuesdays. Contact Chairman and President *LamBáo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

The Vietnamese American Senior Association (VASA)

Thursdays . Contact Mr. Thanh Truong, Founder and President at 301-919-3638 or thanhtre3272@yahoo.com, or Mr. Tony Bui 301 741 5834.

Walking Thursdays: Enjoy the out of doors while walking the .25 mile outdoor path next to our center.

Exercise and Weight Room Senior Pass

Adults 55+ may register to use Long Branch Community Center's exercise and weight room or at any other community center at \$50/year under the Silver Sneakers program, Monday through Friday, 10-3 Appropriate attire is required. No hard soled shoes.